

Stonington events

VOLUME 2 • QUARTER 3 • 2016



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Selectmen's Corner

Summer, 2016

It has been a busy summer for the Stonington Board of Selectmen, and the summer is not yet over.

One of the exciting developments is the creation of a Beautification Committee, headed by Julie Holland and Dan Oliverio, which has already made a significant impression on upgrading the appearance of our community. Working with a wonderful group of volunteers, they have placed colorful flower planters at Town Hall for all to see.

And then, working with the Mystic Garden Club, Selectwoman Kate Rotella and the new tenant at the AMTRAK Train Station in Mystic, a total makeover of the station grounds was completed. This kind of public/private cooperation is just what makes our community so special, and it provides an attractive first impression for our visitors arriving by train.

On a related subject, Stonington Highway Department volunteers gave up their spare time on June 18th for the Annual Father's Day Food Drive at Stop & Shop in Pawcatuck to collect food for the Pawcatuck Neighborhood Center. First Selectman Rob Simmons joined John O'Connell while Selectman Mike Spellman joined Mike Bessette and Dan Oliverio of the Highway Department.

In Mystic, the Trust for Public Land has secured a contract on a unique piece of land on the Mystic River just north of the Seaport which could become a waterfront public park and permanent home for Stonington High School's award winning crew.

In Pawcatuck, Davis-Standard has just received a \$1.3 million grant from the State of Connecticut to support the relocation of Gloucester Manufacturing from Massachusetts to Connecticut. This could mean as many as 40 new high quality manufacturing jobs for our community and a much needed boost to the municipal grand list.

Also in the news is the fact that Stonington Borough resident, Spike Lobdell, just received the prestigious national-level
Continued on page 2



June 18th, Annual Father's Day Food Drive. Pictured from left to right: Stonington resident, Melissa Lestinsky; Highway Department employees Mike Bessette and Dan Oliverio; First Selectman, Rob Simmons.

An advertisement for 'The Apparell Shop' at the Saybrook Country Barn. The main image shows a smiling man and woman sitting on a wooden bench outdoors. The man is wearing a light blue button-down shirt and red shorts, holding a beer in a blue cup. The woman is wearing a pink floral dress and holding a drink. In the background, there is a bar area with various bottles. To the right of the image is the 'vineyard vines' logo, which features a pink whale icon above the brand name. Below the image, the text reads 'The Apparell Shop at the Saybrook Country Barn'. At the bottom, there is contact information: 'Main St., Old Saybrook', '860.388.0891', and 'saybrookcountrybarn.com'.

events

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Crawford Achievement Prize in recognition of his “service to New England Youth” with the creation of New England Science and Sailing, or NESS, based here in Stonington. This is just one example of the many talented people and unique organizations right here in our lovely community.

These accomplishments and many other activities are a reflection of our efforts to act in a nonpartisan fashion and put “Stonington First.”

Rob Simmons, First Selectman
Mike Spellman, Selectman
Kate Rotella, Selectwoman

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The Velvet Mill



For over 12 years the Velvet Mill has been home to artists and craftsmen including painters, photographers, printmakers, glassblowers, fiber artists, potters and sculptors, making the mill a vibrant creative community.

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History of The Velvet Mill



The Stonington plant was built by the town in 1888 as a means of encouraging development of new industry. Originally, A. Wimpfheimer & Bro., Inc. imported velvets from abroad and sold them to itinerant merchants and to consumers. The passage of the McKinley Act in 1891 made it possible to start manufacturing velvet in this country. At first, the Wimpfheimers attempted to weave and dye fabrics in their mill in Astoria, Long Island. However, because of a malaria epidemic, they relocated to Stonington, CT.

From an original mill organization operating 25 looms and employing 35 people in 1891, the company expanded with the growth of this country, operating approximately 300 broad looms with 450 employees by the middle of the 20th century.

Today this mill, like many others in New England, continues to develop its adapted reuse with many artists, craftspeople and entrepreneurs. We feel a certain kinship with the artisans that worked here for generations and we ask you to join us in celebrating their many contributions.

Town Clerk's Office



Cindy Ladwig,
Town Clerk

June was a busy month in the Clerk's Office. Along with all of other duties, it was dog license month. We registered 1,317 dogs. Now that's a lot of dog treats!

Did you know that you can access land records information 24/7 without traveling to the Town Clerk's Office?

You can subscribe to the Connecticut Town Clerk's portal for \$7.50 a day,

plus the \$1.00 per page and a 5% transaction fee. Just go to www.stonington-ct.gov and under Quick Links, click on Land Records Search and follow the instructions to subscribe.

This year the Presidential Election is Tuesday, November 8. If you are unable to go the polls because you're going to be away or are ill or physically disabled, you can call my office 860-535-5060 or download the absentee ballot application from the Town Clerk's

webpage. Under Links, click on Absentee Voting and you can download and complete the application.

Absentee ballots become available Friday, October 7. You can complete the application any time and we will keep it on file until ballots become available.

Parents, remind your college students to complete an application before they go back to school or as soon as they know their mailing address. In CT, all absentee ballots are counted on Election Day. If your ballot arrives back after the Election, it is never opened or counted.

There is also a permanent absentee ballot application if you are unable to go to the polls because you are ill or physically disabled. You will need a doctor's note stating that you are unable to go to the polls because of your illness or physical disability.

It's that simple. Just complete the application and send it in with the Doctor's note, and a ballot will be sent automatically for every election.

Cindy Ladwig
Town Clerk

Tax Office

Highs and Lows by Linda Camelio

The happy taxpayer. I promise you, happy and taxpayer in the same sentence is not an oxymoron. We live in a beautiful town. Even the most negative among us could hardly deny that. Good services are provided to us by all the town departments.

While people may not like paying taxes, or like the way their property is assessed or like the cost of a permit, generally speaking, I've found that Stonington taxpayers understand the good value they get for their tax dollars. Thanks to all the Stonington taxpayers who are so positive when coming into the tax office.

The unhappy taxpayer. DMV still proves to be one of the biggest sources of frustration for both the tax office and the taxpayer. The coming months will still prove challenging regarding the DMV and tax bills. Since the DMV overhauled its computer system, many bills got assigned to the wrong tax towns and many addresses are now incorrect on motor vehicle bills even though the taxpayer truly may have changed it. There are a few ways for the taxpayer to help the situation.

First, check your registration to make sure the town and the address are correct. If not, log onto the web at ct.gov/dmv where



you are able to change your address on your registration. If you did not get a motor vehicle bill, first check to see if your registration has expired; next look on our website (www.stonington-ct.gov) to see if you have a bill.

You may not have received it in the mail, but if one was generated, it would be on our website. If you don't see a bill on our website, call the Assessor's office at 860-535-5098.

Remember, failure to receive a bill does not negate it according to state statute. The more proactive the taxpayer is, the sooner the DMV mess will be resolved.

We in the tax office and assessor's office are working very hard to resolve as many DMV address problems as we can.

Department of Assessment

The Town of Stonington's geographical information system is a resource of important information that allows you to search for a parcel map and a summary property record card of your property.



This information may be viewed on the Town of Stonington's website (www.stonington-ct.gov) or <http://gis.stonington-ct.gov>.

It is important that the property record card information be accurate for property tax purposes to ensure the fair distribution of the town tax burden.

The record of your property may also be used by lending institutions when selling and mortgaging your property. Your property record should agree with the bank appraisal information or it may delay the transfer, mortgage, or refinancing of your home.

Your property record information is an official record that can also support insurance claims when heavy damage has occurred to the property due to fire, flood and hurricanes.

The website contains a summary of the detailed property record cards that are available at the Department of Assessment.



Marsha L. Standish, CCMAII, CCMC
Director of Assessment

The Town of Stonington is required to complete a revaluation every five years with the next scheduled revaluation to become effective October 1, 2017.

Vision Governmental Solutions has been awarded the contract.

Continued on page 6



New ownership and management promises improved facility and customer service at Essex Boat Works!

Stop by today to see how we can make your time on the water more enjoyable!

EXCITING CHANGES AT EBW!
We're pleased to announce exciting developments at Essex Boat Works! We have a new owner and now offer Yacht Sales and Brokerage under the direction of Bob Jarrett, CPYB. John Lewis has joined our team as General Manager running all yard and marina operations. Planned improvements and this talented duo working alongside our dedicated crew will bring our clients a new dimension of customer service.



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DEPT OF ASSESSMENT ... Continued from page 5

Vision employees will carry identification badges from the Town of Stonington when making inspections of properties. Verification of any individual working for the Town from Vision Governmental Solutions may be made through contacting the Department of Assessment at 860-535-5098 or the Stonington Police Department at 860-599-4411.

The safety of our town citizens and accuracy of our data are two of our highest priorities in the revaluation process.

During the revaluation process the Town's website will provide updated information regarding the revaluation process and photos of Vision Governmental Solutions employees.

Marsha L. Standish, Director of Assessment
860-535-5098

MASH – Making A Difference

Mystic Area Shelter & Hospitality

What would you do if you became homeless? For many families who live and work in our community, the risk of homelessness is very real. Paying the rent is a constant challenge for those employed in low wage jobs – the person who mows your lawn, the server at the coffee shop, the grocery store cashier. These families are so precariously housed that it doesn't take much to trigger housing instability. An unexpected car repair, a sick child or a month with fewer shifts are enough to cause a hardworking family to lose their housing.

Mystic Area Shelter & Hospitality, Inc. (MASH) works to Prevent Family Homelessness, One Family at a Time. MASH focuses on helping families achieve housing stability and address the needs of their children. Through shelter diversion, emergency shelter and rapid re-housing assistance, MASH empowers families to find their way out of homelessness. New initiatives, like MASH's Wheels to Work program which pairs donated cars with a deserving family or MASH's Childcare Solutions, aim to resolve issues that can contribute to a housing crisis.

Founded in 1998, MASH has provided critical support to over 1,200 families throughout Southeastern CT, and played a key role in establishing 2-1-1, a regional hotline for the homeless.

If you or someone you know is homeless or at risk of homelessness, call 2-1-1. To learn more about MASH's work or if you would like to help us in our mission, visit www.mashshelter.org or call (860) 245-0222.



**TRUST • CARING
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The mission of the Department of Human Services is to enhance the quality of life for Stonington residents from all age groups and all economic backgrounds by advocating for their basic needs and promoting self-sufficiency.

The Department is one of five administrative departments established by Town Charter. Four Human Services divisions exist as a means of providing aid to residents that is both relevant to their needs and beneficial in purpose - **Senior Services; Social Services; Youth & Family Services; Recreation.**

The divisions are interdependent in order to effectively utilize departmental resources to provide program excellence and offer advocacy, information and referral.



Human Services Team:

Human Services Director
Leanne Theodore

*Social Services Administrator/
Municipal Agent for the Elderly*
Carol Umphlett

Youth & Family Services Administrator
Kristen King

Recreation Administrator
Richard Ward

Administrative Assistant
Michelle Larese-Casanova

Receptionist
Amanda Johnson

Preschool
Jenni Llaguno
Leslie Weber

Counselors
Molly Kunka, LCSW – Clinical Supervisor
Miranda Krause-Cahill, LCSW
Linda Cunningham, MSW

THANK YOU to our many generous donors and to those who continuously provide support to our many programs! Cardiology Specialists, Ltd.; First United Methodist Church of Mystic; Mystic Congregational Church; Mystic Woman's Club; Mystic Lions Club; Ocean Community Chamber of Commerce; Pawcatuck Fire Department; Pawcatuck Lions Club; Renegade Fitness; Rotary Club of Mystic; Rotary of the Stoningtons; Savings Institute Bank & Trust; Seniors Helping Seniors; Stonington Borough Fire Department; Stonington Marina; Stonington Pizza Palace; Stonington Police Department; Stonington Veterinary Hospital; United Church of Stonington, Rob Valenti

Like us on Facebook!

Follow the 'Stonington Human Services' page and stay in the loop with current program events and happenings.

Volunteers

The Human Services Team is very grateful for our volunteers who share their time and talents with us. Some join us monthly, while others share their time weekly. Volunteers are especially needed for reception/clerical support and gardening. All ages are welcome!

Program Suggestions Wanted!

There may be an activity or program that you enjoy which is not presently offered by Human Services. You may also have ideas for new programs or constructive comments on the improvement of existing programs and services.

In either case, we encourage Stonington residents to express their particular ideas

and concerns. Please help us offer to you the programs and services which you desire.

Send ideas and comments to: Stonington Human Services, 166 South Broad Street, Pawcatuck, CT 06379 or via email: LTheodore@stonington-ct.gov.



Program Registration

All classes register in person at Stonington Human Services, 166 South Broad Street, Pawcatuck, Monday-Friday between 9 am - 4:30 pm, by mail, or outdoor drop box after normal business hours.

Online registration is available at <http://stonington.recdesk.com>.

If registering in person, completed forms and payment are required at the time of program registration.

Download forms for all programs at www.stonington-ct.gov (located under Human Services Department). If a program does not meet minimum enrollment one week prior to the start date, it will be cancelled. Register early to avoid disappointment due to a full or cancelled program.

Veterans Coffeehouse

Partnering with Stonington Human Services, the RSVP Veterans Coffeehouse, which will meet the 2nd and 4th Thursday of the month, will provide a comfortable location for ALL veterans - both men and women of any age - to meet, socialize, communicate and receive supported information regarding veterans benefits and services through state and federal agencies and programs. Funded in part by Corporation for National & Community Service.

Call Gina King, RSVP Coordinator, (860) 425-6617, for location or more information.

Social Services

How can Stonington Human Services help you? Call for more information or to make an intake appointment. During the appointment, you will be screened for a wide variety of federal, state and local programs that may be able to assist your situation. Home visits are available for housebound residents.

Santa Anonymous Boot Program

In partnership with TVCCA/RSVP, Human Services is now accepting sign-ups for Stonington youth in need of a pair of new, warm winter boots. If you are in need, or if you'd like to sponsor a child, please call (860) 535-5015.

Energy Assistance

Stonington Human Services has been a local fuel bank for the last sixteen years, participating with Operation Fuel, TVCCA, and United Way energy assistance grant programs. Income guidelines for TVCCA's programs cap at 60% of the State Median Income (CHAP). Assistance amounts are based on established guidelines (set to be released in October) regarding family size and vulnerability. We began taking applications on August 1, 2016; however, fuel deliveries do not start until November 10, 2016 and will continue until March 15, 2017.

Operation Fuel and United Way also offer energy assistance programs in an effort to help keep folks warm during the cold winter months, avoid power shutoffs, and address other crisis situations when the TVCCA program has been depleted or in other circumstances where a family may not have been eligible. Guidelines for these programs are also adjusted each year with changes in the economy. Contact Human Services for more information and an appointment.

Residents with Eversource "metered" heating services (electric and natural gas serviced) are also eligible for heating assistance. In addition, applicants who have been approved for the TVCCA program (both CEAP & CHAP) are eligible for the Matching Payment Programs (MPP) offered by these companies. The program puts those qualified on a budget plan and will match all payments made during the winter heating month (November through April) dollar for dollar in an effort to reduce the customer's balance to zero. Human Services can help with these programs as well as a low-budget worksheet that may reduce the monthly payment even more. MPP begins each year on November 1st.

Home Energy SolutionsSM

Stonington wants to save you money and cut your energy bills. To do so, we've teamed up with Eversource to bring you Home Energy SolutionsSM, an Energize ConnecticutSM program. A certified and insured contractor will visit your home to evaluate your energy use and make on-the-spot improvements that lower your energy bills. You'll also receive incentives to do even more.

During the visit, the average household receives about \$1,000 of products and services:

- Long-lasting, energy-saving CFL and LED light bulbs
- Hot water-saving measures
- Air sealing to get rid of drafts and make your home more comfortable
- Safety tests on your heating equipment
- A report on your energy usage and ways you can save more
- Rebates, incentives, and financing options to make energy improvements more affordable

All this for just \$99* if you call before September 1, 2016! The co-pay for Home Energy Solutions will increase to \$124, effective September 1, 2016. Participating in Home Energy Solutions this calendar year also benefits our town – it makes Stonington eligible for grants to pursue energy-saving projects.

**\$99 fee for all Eversource customers. Fee may be waived for income-eligible residents. Program availability and price is subject to change.*

Now through December 31, 2016, for every Stonington resident who completes their Home Energy Solutions service, a \$25 donation will be made to Stonington Human Services Local Fuel Bank, providing energy assistance to residents in need. These donations will be made by Stonington's Home Energy Solutions partner-contractors.

Call (877) 947-3873 or visit EnergizeCT.com/HES to learn more and sign up. Thank you for making Stonington a cleaner community!

Success Coaching

Sustaining self-sufficiency is at the core of maintaining one's housing, employment, and self-esteem. Programs are designed on an individual basis given family dynamics as well as personal and financial needs. Are you ready to "take 100% responsibility" for your life and move yourself "from where you are to where you want to be?" Call us for information on our new and innovative program that offers goal setting, skill building, and accountability tools to help you achieve all the success you desire.

United Way Mobile Food Pantry

Serving over 100 local families each month, the United Way's Mobile Food Pantry makes a stop in the Stonington Human Services' parking lot the first Monday of each month from 5-6 pm. The pantry is set up similar to a farmers' market and has a "no questions asked" policy. Those in need are asked to bring a photo ID when visiting the pantry. Call (860) 535-5015 for more information, or if you have an interest in volunteering.

Continued on next page

SOCIAL SERVICES ... Continued

SNAP Outreach

SNAP, the Supplemental Nutrition Assistance Program (formerly known as the Food Stamp Program), is part of the nation's safety net against hunger. The program's debit card system allows for convenience and confidentiality. SNAP applications can be completed at CT's DSS site online and required documents uploaded (at connect.ct.gov).

Contact Human Services for more information or application assistance with the online process. Also, check out *End Hunger CT's* website at www.endhungerCT.org.

Residents are also referred to the Pawcatuck Neighborhood center's Food Pantry and WARM's congregate meal site, which are both supported with town funds.

2-1-1 Benefits Survey

www.211navigator.org

This benefits survey will help you determine if you are eligible for food, health insurance, and child care assistance. No name or address is required so it is completely confidential.

CT Network for Legal Aid

Do you have a legal question? Check out www.ctlawhelp.org for self-help guides, audio/video guides, court forms, and links. The CT Network for Legal Aid provides free legal services for people with very low income. Call toll-free 1-800-453-3320.

CT Dental Health Partnership

The CT Dental Health Partnership (CTDHP) is the state of CT's dental plan for HUSKY and Medicaid participants. The CTDHP provides comprehensive dental coverage and will help find a local dentist, explain dental benefits and set up an appointment. Call 1-866-420-2924 for assistance.

Renter's Rebate Program

The Renter's Rebate Program, administered through the State of Connecticut, Office of Policy and Management (OPM), is intended to help seniors (65+) and/or disabled (18+) meet the demands of today's housing costs, offering a one-time check each year to those who qualify. The program limits annual income to \$35,200 for an individual and \$42,900 for a married couple. There is no asset rule for this program. Each year the program runs from April 1st through September 30th.

Human Services has an experienced CHOICES counselor on staff offering personal & confidential appointments for Stonington residents to discuss Medicare options, supplemental insurances, Medigap policies, HMOs, "special help" for Medicare Part D, Medicare Buy-in programs, state pharmaceutical programs, Social Security, and more. Home visits are also available for residents who are homebound.

Senior & Disabled Transportation for Stonington Residents

The Town funds the Pawcatuck Neighborhood Center to provide senior transportation. Please contact them directly at (860) 599-3285 for more information. The Eastern CT Transportation Consortium, Inc. (ECTC) also provides Stonington seniors, age 60+ (and disabled residents, age 18+) with medical transportation (Dial-A-Ride), as well as reimburse caregivers for medical mileage expenses for those who have access to a driver.

The Dial-A-Ride program will provide transportation for residents to medical trips within New London County and Westerly. Transportation will be available 24 hours a day, 7 days a week. Please contact Human Services for further information and to register.

Eastern CT Travel Voucher Program

This transportation service provides subsidized taxi, livery or wheelchair accessible rides for residents of eastern CT. Sponsored by the New Freedom Initiative, the program provides an affordable alternative when existing transportation services are not able to meet an individual's needs.

Enrolled participants purchase travel vouchers from ECTC. A book of 10 vouchers, normally costing \$50, cost \$25 through this subsidy program. A maximum of three books per month per enrollee can be purchased. Contact Human Services to obtain an application.

Stonington SEAT Bus

The Stonington SEAT bus travels to and from Mystic Village to the I-95 commuter lot in Pawcatuck. A total of twenty stops are included on the route. The bus is equipped with a wheelchair lift.

The bus is available Monday through Friday, between the hours of 7:15 am and 4:57 pm. The cost for a one way trip is \$2.00 with reduced fares of \$1.00 for seniors and the disabled, and \$1.65 for youth.

Stonington Human Services has bus schedules available and tickets for income eligible residents. SEAT can be contacted at (860) 886-2631 or online at www.seatbus.com.

Do you use Run 10 SEAT transportation? We want to hear from you!

Please take a moment to complete a brief survey regarding your usage: <https://www.surveymonkey.com/r/6TD2N7P>

Paper copies of the survey are available at Stonington Human Services.

Youth & Family Services

The programs and services that are offered by Youth and Family Services are done so as a means of promoting positive youth development and supporting improved family and community relations.

Individual & Family Counseling

Counseling services are offered to Stonington residents at no cost. Call (860) 535-5015 to schedule an intake appointment.

Support Groups

All groups are held at Stonington Human Services and are provided at no cost to Stonington residents. Call (860) 535-5015 to register.

Grandparents Raising Grandchildren

A supportive environment to discuss challenges, share resources, and network with other grandparents.

Day: First Thursday of Every Month
Time: 11:00 am - 12:00 pm
Facilitator: Molly Kunka, LCSW

Adults with Attention Deficit Disorder (ADD)

Day: First Thursday of Every Month
Time: 6:00 pm - 7:00 pm
Facilitator: Molly Kunka, LCSW

Parents of Children with Autism

An opportunity for parents of children on the spectrum to share experiences and learn from each other.

Day: First Tuesday of Every Month
Time: 5:30 pm - 7:00 pm
Facilitator: Dr. Lori Liguori, School Psychologist

KidzLit® and KidzScience® Afterschool Programs

These popular programs encourage reading and an enhanced interest in science through fun activities which promote learning and creativity.

Ages: Opportunities for children in Grades K-4 at West Vine Street School & St. Michael's School
Day/Date: TBD - Watch for school-specific flyers!
Fee: \$30/8-Week Session
Facilitator: Lynda MacKenzie (WVSS) / Liz Bergel (SMS)

Lentz & Lentz SAT Preparatory Program

Lentz & Lentz has had proven results helping thousands of students prepare for the SAT exams for over forty-two years. This SAT preparatory program includes course materials, extra help at no charge, live make-ups, a practice testing session, online downloads for review or as a supplement for missed lessons and complimentary fall review sessions. The course features test-taking skills, vocabulary development, advanced math review, shortcut math, reading interpretation, speed reading

improvement techniques, essay writing, grammar skills and tip sheets. We use our own copyrighted curriculum in conjunction with SAT type questions, designed to reflect the most recent changes in the format of the "NEW SAT." For more information call 1-800-866-SATS (7287) or visit our website www.lentzsatprep.com. Positive SAT results may translate into thousands of dollars saved on tuition!

Day/Date: Wednesdays, Sept. 14-Nov. 2
Time: 6:30-9:30 pm
Location: Stonington High School
Fee: \$355

Driver Education provided by AAA/Briarwood Driving Academy

30+ Hour classroom study and 8 additional hours of individual in-car lesson (four private lessons) in a specially equipped training vehicle.

Age: Must be 16 years old by the first class
Fee: Classroom Only / \$250; add private in car lessons / \$595

Location: Stonington High School
Scheduled Classes 2016-2017:

Sept. 19-Nov. 16; Dec. 19-Feb. 22;
Mar. 27-May 22

Call (860) 535-5015 for more information.

Juvenile Review Board

The purpose of the Juvenile Review Board (JRB) is to provide an alternative to Juvenile Court for juveniles who have committed minor criminal violations in Stonington, and to assist youth who have exhibited problems in the home, school, and community. The goal is to provide a plan for each individual by utilizing community programs, services, and other resources, which will effectively deal with the particular incident, assist in positive development, and encourage responsible behavior.

Family with Service Needs Review Board

Families with children who are engaging in risky behaviors such as running away from home, school truancy, and defiance of family or school rules often rely on state-operated programs to help address these problems. The state of Connecticut has defined such children and parents as a Family with Service Needs (FWSN). Beginning in 2005, Connecticut began enacting a series of legislative, policy and procedural changes to address these issues. These changes were grounded in the belief that swift, community-based family services were the best approach for Families with Service Needs. The new approach to at-risk youth and families rejected the use of the justice system as the first response to FWSN cases. Research demonstrates that these behaviors are strong predictors of continued involvement with juvenile, criminal and child welfare agencies.

Continued on next page

YOUTH & FAMILY SERVICES ... Continued

Therefore, intervening with appropriate services at an early stage is crucial to reducing future involvement with the justice systems. Based on a need in the community, in 2015, Stonington Human Services and the Stonington Public School District, in collaboration with the Stonington Police Department, Juvenile Court and DCF, developed a Family with Service Needs (FWSN) Review Board.

The purpose of the Board is to intervene and divert at risk children from the entering the court system. The Board recommends diversions that encourage positive, pro-social development, school attendance, family engagement and participation in community-based programs.

Stonington Prevention Council



The mission of the SPC is to permanently change attitudes, laws, and policies to stop substance abuse and establish a safer community.

It is no secret that opiate and heroin overdoses have been on the rise nationwide, but Connecticut has been hit particularly hard. Overall 723 people died in Connecticut in 2015 from drug overdoses. Of those deaths, 415 were heroin-related and in 107

of those deaths fentanyl — a synthetic opiate — was included. In 2014 those numbers were 327 and 37.¹

Stonington Prevention Council has been working to combat this public health epidemic in the following ways: Partnering with Shine A Light On Heroin to host community forums; installation of a prescription drug drop-box at the Stonington Police Department; creation of a resource and referral sheet for first responders; as well as offering drop-in counseling hours at Stonington Human Services.

¹ <http://www.courant.com/news/connecticut/hc-2015-heroin-deaths-increase-20160214-story.html>

Break the Connection.



Thank you to Rob Valenti for generously donating his rented time on the Route One (Flemings Feed) billboard to the Stonington Prevention

Council and to Standish/Johnson for donating their printing services to promote this important awareness advertisement combating prescription drug and heroin abuse.

Continued on page 12

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Prescription Drug Drop Box at the Stonington Police Department



Do you have unused, unwanted or expired medications? In partnership with the Stonington Prevention Council, the Stonington Police Department now has a permanent Prescription Drug Drop Box located in their main lobby. Accepted items: prescriptions (including patches, medications and ointments); over-the-counter medications; vitamins; samples; pet medication.

The following items are not accepted: needles/sharps; ointments/lotions/liquids; aerosol cans; inhalers; hydrogen peroxide; thermometers. The box is a free service and no paperwork is required to participate!

The Stonington Police Department has collected and processed 500 pounds of unwanted prescription medications in the last six months! Thank you to Stonington Police for their support and dedication to this program.

Stonington Community Garden

Since the garden's inception in 2010, over 100 Stonington residents have enjoyed harvesting their own organically-grown produce. The annual fee for a 4'x16' plot is \$25.

Join our network to learn how to grow your own vegetables, cut food costs and learn about four season square foot gardening.



"The COMO"

Fondly dubbed "The COMO," the Stonington Community Center Inc., has had one mission since 1945: strengthening community. Over time, and with practice, the COMO has come to an understanding of what a strong community is, and how to best foster that community. The COMO has been a home to many families and individuals across the age span. We have grown with you and your children, and we continue to offer exceptional programming at affordable rates.

The campus you may remember has expanded, now including tennis courts,

paddle tennis, a Children's Garden, Thrift Shop, Annex, soccer fields and an outdoor classroom. Our main building, established in 1969, has also transformed through the years, with recent developments leaving our auditorium looking shiny and new with fresh stage curtains, flooring, lighting, and sound boards!

Our legacy would not be complete without its most important piece – you! Whether coaching your daughter's soccer team, bringing your child to preschool, or taking a pottery or computer class, you are at the center of the COMO legacy.

This fall, learn something new with the COMO! We have some fantastic debut programs, like fencing lessons or 3D printing for teens. We also have our tried-and-true favorites, like instructional soccer and minecraft. Need care this school year? COMO has you covered. Our COMO Kids (Grades K-4) and IMPACT (5-8) programs offer curriculum-based childcare before and after school, with busing options available.

Questions? Visit our website, www.thecomoo.org for more information, or call us at 860-535-2476.

Santa Anonymous Boot Program

In partnership with TVCCA/RSVP, Human Services is now accepting sign-ups for Stonington youth in need of a pair of new, warm winter boots. If you are in need, or if you'd like to sponsor a child, please call (860) 535-5015.

Day Trips



Boston Red Sox vs. Toronto Blue Jays

Friday, September 30th

7:10 pm Game Time

\$65 Bus Transportation & Ticket
\$105 with VIP Tour of Fenway Park

Full-size motor coach leaves Stonington Human Services parking lot at 1:30 pm and will depart Fenway after the game.

Christmas in the City

Friday, December 16th

Drop Off: Rockefeller Center
Pick Up: St. Patrick's Cathedral

\$35/Round Trip Bus Transportation

Full Sized Motor Coach;
\$85/Bus Transportation & Radio City Christmas Spectacular

Tickets
(limited supply of show tickets).





Stonington REC serves as an advocate for meeting the recreational needs of all the residents within the Town of Stonington. The division, within the Human Services Department, provides youth and adults an abundance of seasonal and year-round recreational opportunities to participate in camps, clinics, leagues, open runs, trips, family movie nights and fitness programs.

Spellman Recreational Park

Our recreation complex consists of four athletic playing fields, a large playground area, outdoor exercise equipment area, two outdoor basketball courts, six tennis courts and two pavilions. Add Stonington High School's Palmer Field (turf) and their baseball field, and we have one of the finest recreational facilities in the area. Any organized, non-scholastic sport using the fields for games or practices at the Park or both middle schools must be registered with the Recreation Division. Please contact Richard Ward at rward@stonington-ct.gov for additional information.

Playgrounds in our Community

The Recreation Division oversees and maintains three playgrounds in our community. Please abide by all posted rules and regulations.

Spellman Playground: Located on Spellman Drive - Pawcatuck

Borough Playground: Located off of High Street - Stonington Borough

Haley's Way Playground: Located off of Haley's Way - Old Mystic

Pavilion Rentals

The Town of Stonington Pavilions, located behind Spellman Park Playground are available to reserve from Memorial Day to Columbus Day Weekend. Cost \$25/day. Call (860) 535-5015. Payment required for reservation; application is available online.

George A. Crouse, Jr. Tennis Courts

For his life-long service to Stonington as a Coach, Teacher & Selectman, the tennis courts at Stonington High School were dedicated to George A. Crouse Jr. in a ceremony on May 21, 2016. Thank you Mr. Crouse for your dedication to the Town of Stonington!



REC Youth Flag Football League

Program runs from September into November (schedule TBD) with practices and games held at Spellman Park behind Stonington High School and Pawcatuck Middle School. Each team will practice



once during the week, with games being played on Saturday mornings. Goals of the league are that

all participants will develop their social and mental skills, as well as physical strength and character while safely learning how to play flag football. Teamwork and active participation are key components. Every child plays—no cuts! This is strictly a recreational league and commitment to the league will not conflict with other fall sports.

Age: Boys & Girls - Two Divisions: Ages 8-10 & 11-14

Dates: September – November (Schedule TBD)

Where: Spellman Park Fields and/or Pawcatuck Middle School

Fees: \$55/Resident; \$75/Non-Resident

Girls Basketball - Pre-Season Workouts

Girls basketball pre-season workouts held at the Stonington High School Main Gym. Fitness and getting ready for the coming season will be the focus, along with shooting, passing, dribbling, footwork, defensive

skills, and team play. "Get the fundamentals down and the level of everything you do will rise." -Michael Jordan **Note:** Dates and times were not finalized at press time. Be sure to check in with us at the start of the school year for details. (860) 535-5066 <http://stonington.recdesk.com/>

Volleyball High School Girls Clinic

Learn how to play, starting with the basic skills of passing, serving, setting, spiking approach, arm swing, rotation, and basic rules. As the group progresses we will incorporate in-depth skill work, including: serve receive, offensive & defensive positioning, digging, blocking, approach-jump-hit, quick movements to the ball, transition, emergency drills, and combination movements. If interest is shown, this program could grow into a full scheduled league. Join the fun!

Ages: High School Girls - Grades 9-12

Day/Date: Tuesdays, Oct. 4-Nov. 8

Time: Directly after school until 4:30 pm

Location: Stonington High School Auxiliary Gym

Fee: \$25/Stonington students only

Fencing

Acquire the reflexes of a boxer, the legs of a high jumper and the concentration of a tournament chess player. Equipment for these beginner classes is provided. Participants will have access to purchase their own equipment. Instructor Jonathan Reid has been involved with fencing for over 12 years and has coached and officiated for the sport for 10 years.

Days/Date: 8 weeks –Thursdays, Sept. 29-Nov. 17

Ages/Times: Beginner Youth Program (ages 7-12) 4-5:00 pm
Beginner Program (ages 13+ & adults) 5-6:00 pm
Intermediate Program (ages 13+ & adults) 6-7:00 pm

Location: Stonington High School Auxiliary Gymnasium

Course Fee: \$75/Residents; \$85/Non-Residents

Continued on page 14

High School Hoops Boys Open Gym

Open Gym for boy's pickup basketball games. The gym will be staffed. Games are run and organized by the players themselves. Open to currently enrolled Stonington High School students.

School rules and expectations on behavior are extended during each of these dates. Pre-registration required; students may join at anytime.

- Age : High School Boys - Grades 9-12
- Day/Date: Tues & Thurs starting Sept. 27 (join at any time)
- Time: 5:30-7:30 pm
- Location: Stonington High School Gymnasium
- Fee: \$30 Both Days/
\$25 One day - Stonington students only

Adult Fitness & Exercise Classes

The following fitness and exercise programs are offered through the Recreation Division. All classes are held at Black Bear Traditional Martial Arts Center, located at 829 Stonington Road, providing state-of-the-art flooring and plenty of space "to get our sweat on!"

If you have any suggestion on the type of fitness classes you would like to see please contact Richard Ward at rward@stonington-ct.gov.

Register for programs through Stonington Human Services.

Baby Boomers

Instructors: Michele Gardner; Michelle Tebbets & Stacey O'Donnell.

Incorporate weights into fun cardio routines to tone and strengthen as you

scorch calories. Designed specifically for individuals ages 50 and older. Join at any time!

- Age: 50+
- Day/Date: Mondays, Wednesdays and Fridays (ongoing)
- Time: 9:30-10:30 am
- Location: Black Bear Traditional Martial Arts Center
- Monthly Resident Fees: 1 day/week - \$15;
2 days/week - \$30;
3 days/week - \$45
(Non-Residents add \$15)

ZUMBA

Instructor: Caroline Wall. Ditch the workout—join the party! Combine all elements of fitness: cardio, muscle conditioning, balance and flexibility with a boost of energy and a serious dose of awesome each time you leave class.

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PARKS & RECREATION ... Continued from page 14

Fuse hypnotic Latin and international music with easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away and make exercise fun again.

Age: 18+
 Day/Date: Mondays and Wednesdays
 Time: 5:30-6:30 pm
 Location: Black Bear Traditional Martial Arts Center
 Fees: Punch card \$65 for 10 classes; \$100 for 20 classes Drop in \$10/class

Stonington REC FALL Golf League 2016

Some of the best golfing weather happens in the fall. Dating back to Woody Douville in the '70's and more recently with Jim Ballato through and into the 2000's, the Recreation Division has been organizing an adult golf league for decades! Join us once again this fall for a fun, laid-back and friendly competition on the course. Registration fees cover full stats and standings, weekly prizes, overall championship awards and year ending steak dinner. The 8-week schedule will start on September 9 with a meeting and practice round and run through October. Matches are played on Friday evenings with tee-times between 4:30-5:30 pm. The discounted green fees of \$16 are payable at check-in for each round (\$28 if you would like to ride).

For additional information contact Richard Ward: rward@stonington-ct.gov.

Quick Golf League Facts:

ELMRIDGE GOLF COURSE
 Pawcatuck
 (www.elmridgegolf.com)

- Two man teams
(singles and subs welcome)
- \$75/person
(includes stats/standings, prizes, awards and year-ending steak dinner)
- 8 match schedule starting September 9
- Open to residents and non-residents
- Discounted green fees
- Fun, laid-back, friendly competition!

Family Movie Nights



HOOK - held in conjunction with Mystic's Pirate Invasion.

Held at on the green at Mystic River Park, Cottrell Street - Mystic.

Kick off the 4th Annual Mystic Pirate Invasion with a great family movie! Bring yer blankets, yer chairs and some snacks (Pirate's Booty I dare say!) on September 30 and get ye ready fer a fun evenin' to start an even better weekend! Be sure to come dressed in your best pirate garb! Many thanks go to our friends at Mystic River Park.

General Pirate ruckus and mayhem begins at 6:30 pm - movie starts at dusk.

Safe Boating / Personal Watercraft Certification Course

Participants who successfully complete this course and pass the test qualify for the Certificate of Personal Watercraft Operation. A Safe Boating Certificate (SBC) will allow an individual to operate any recreational vessel registered in Connecticut except a personal watercraft ("jet ski" type vessel) on Connecticut's waters.

A Certificate of Personal Watercraft Operation (CPWO) will allow an individual to operate any recreational vessel including a personal watercraft ("jet ski" type vessel).

Visit <http://www.ct.gov/deep> for additional information on how to obtain your Safe Boating / Personal Watercraft Certificate. Call (860) 535-5015 with your name and cell phone number to reserve your spot. Payment in cash or check will be due at the first class. Register early - max of 35 participants.

Ages: 12 + Adults
 Date: Mon/Wed, Oct. 19 & 20 (must attend both classes) or Tue/Thu, Nov. 28 & 30 (must attend both classes)
 Time: 5:30-9:30 pm

Location: Stonington High School
 Fee: \$10/person

HIKE Stonington

The fall is a great time of the year to take a HIKE! You still have time to join us. Grab



your friends and family members (or do it for yourself!) and get out and enjoy the numerous walking and hiking trails in Pawcatuck, Mystic & Stonington!

Everybody who hikes ALL of the trails during the course of one season and tells us about it will receive a one-of-a-kind t-shirt to proudly wear at the gym or in the park. Register early and get outside!

- 1st REGISTER FOR IT!
<http://stonington.recdesk.com>
- 2nd HIKE IT! The best part!
- 3rd TELL US ABOUT IT
(Pictures Welcomed!)
hikestonington@stonington-ct.gov
- 4th GET YOUR T-SHIRT FOR IT!
Woo-hoo!

A packet with the complete list of trails and guidelines will be provided upon registration. Info on how to "report back" on each trip will also be given at that time. You will have the whole summer (even into the fall) to complete the hikes and to be eligible for the FREE t-shirt.

Fee: FREE!
 Registration is required.

Thank you to our HIKE Stonington sponsors: Renegade Fitness – Pawcatuck and Stonington Marina

Youth Football Opportunities

Town of Stonington (Mystic, Stonington, Pawcatuck)

Stonington Human Services' Recreation Division and the Stonington Youth Football League (SYFL) are working collaboratively to solidify and expand opportunities in Youth Football for the residents of Stonington. Longstanding programs run by each organization will continue, while more new and exciting programs are on the horizon, each providing the best possible experience for the youth and adults involved. Contact the individual organization for details on the following:

Youth Flag Football – Ages 5 to 7 years old

Contact SYFL – Running in the fall with practices during the week and games held on Saturdays. The program strives to provide a safe and fun environment for youth while learning the aspects of the sport that will help them stay healthy and fit while enjoying a sense of participation and community.

Details specific to Flag Football for ages 5-7 years old are at: <http://StoningtonYouthFootball.com>

Youth Flag Football – Ages 8-14 years old

Contact Stonington REC – For both boys and girls ages 8-14 years old. Program runs Sept- Nov (schedule TBD) with practices and games held at Spellman Park behind SHS and Pawcatuck Middle School. Each team practices once/week - games are held on Saturday mornings. Goals of the league are

that all participants will develop their social and mental skills, as well as physical strength and character while safely learning how to play flag football. Teamwork and active participation are key components. Every child plays—no cuts. This is strictly a recreational league and commitment to the league will not conflict with other fall sports.

Details specific to Flag Football for ages 8-14 years old are at: <http://stonington.recdesk.com>

Youth Tackle Football – ages 8-14 years old

Contact SYFL – registration is happening NOW! Program generally starts August 1 with practices held during the week and games held on Sundays later in the fall. The program strives to provide a safe and fun environment for the children while learning the aspects of the sport that will help them stay healthy and fit while enjoying a sense of participation and community.

Details specific to Tackle Football for ages 8-14 years old are at: <http://StoningtonYouthFootball.com>

Youth Cheerleading – ages 5-14 years old

Contact SYFL – Held in conjunction with the Youth Tackle Football program.

Details specific to Youth Cheerleading are at: <http://StoningtonYouthFootball.com>

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Preparing for a Hurricane

Hurricane readiness should begin long before the event occurs. If you live in a hurricane-prone area, you can prepare far in advance for the possible dangers to health and safety resulting from a hurricane by learning about your community's emergency plans, warning signals, evacuation routes, and locations of emergency shelters.

Identify potential home hazards that could develop during a hurricane, such as those involving gas, electricity, chemicals, and structural damage.

Install a smoke detector.

Have a fire extinguisher and make sure your family knows where to find it and how to use it.

Conduct an evacuation drill for at least two ways out of your home.

Provide escape ladders for multi-story structures.

Post emergency phone numbers at every phone; inform local authorities about any special needs, i.e., elderly or

bedridden people, or anyone with a disability.

Fill several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person).

Have a battery-powered radio, flashlights, extra batteries, candles and matches.

During the Storm

Monitor the radio or television for weather conditions, if possible.

Stay indoors until the authorities declare the storm is over.

Stay away from all windows and exterior doors, seeking shelter in a bathroom or basement.

Bathrooms can provide some shelter if you cover yourself with plywood or other materials.

If you should lose electrical power, eat perishable food first.

For more information, go to www.ct.gov



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Fending off the Flu

VNASC: Bringing the healing home.

It's not too early to prepare for the upcoming flu season – and according to the Visiting Nurse Association of Southeastern Connecticut, the best protection against influenza is a flu vaccination.

Influenza (flu) is a contagious respiratory illness caused by flu viruses. While most people recover within two weeks, flu can trigger complications such as pneumonia, bronchitis, and ear or sinus infections.

Groups most prone to complications include children under the age of two, adults age 65 or older, and people with compromised immune systems.

Anyone with a chronic illness such as asthma, diabetes or heart disease is also at higher risk of developing flu-related complications.

The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older get immunized against the flu.

Timing is important, because it takes the body two weeks to develop antibodies to protect against flu virus during the 2016-17 season.

For most people, immunity provided by flu shots will last through next spring.

Because immune systems tend to weaken with age, it is especially important for seniors to get immunized before peak flu months of December through February.

The new flu vaccine provides protection against strains of H1N1, H3N2 and B influenza viruses which the CDC has determined are most likely to circulate this fall and winter.

For information on flu shot clinics this fall, call the Visiting Nurse Association of Southeastern Connecticut at 860-444-1111, or visit www.vnasc.org.

A fully accredited nonprofit home healthcare and community wellness organization, VNASC has served the people of southeastern Connecticut for over 100 years.

Stonington Transfer Station

The Stonington Transfer Station is located at 151 Greenhaven Road in Pawcatuck, CT.

The phone number is 860-535-5088.

OPERATING HOURS ARE:

Mon., Tues., Thurs. and Fri. 9 am to 3 pm
Sat. 8 am to 3 pm, Sun. 8 am- 1 pm

Closed Wednesdays And Holidays

Fees are charged for the following:

Brush: Residential \$0.00/Ton,
Commercial \$60.00/Ton

Bulky Waste/Construction & Demolition
Debris: \$100.00/Ton (Discarded carpet
must be in pieces no larger than 4' x 4')

Large Bulky Items (Couch, Recliner):
\$10.00/EA

Large Appliances: \$10.00/EA

Recyclable Items: No charge SINGLE STREAM RECYCLABLES

Flattened Corrugated Cardboard
Car Batteries
Leaves (Residential only)
Scrap Metal
Uncontaminated Automobile Waste Oil
and Antifreeze
Tires
Books
Clothing, Clean Rags, Toys, etc.
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must be in a labeled container
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For information please contact:
The Recycling/ Solid Waste Office in The
Stonington Town Hall, 152 Elm St,
Stonington, CT Phone: 860-535-5099
Open M-F 8:30 am to 4:00 pm

Regional Household Hazardous Waste and Document Shredding Event Schedule for 2016

DATE & LOCATIONS

Saturday, August 27, 2016 - Griswold

Saturday, September 10, 2016
North Stonington

Saturday, October 1, 2016 - Ledyard

Visit Our Town at www.stonington-ct.gov

Stonington Community Center, Inc.



Traditional & Full Day Preschool • Art & Technology
Paddle Tennis Courts • Before & After School Childcare
School Vacation All Day Childcare • Pottery Studio
Summer Camp • Inclusive Programs • Athletics
Karate • Zumba • Beaches • Birthday Parties
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President of New England Science & Sailing Wins National Recreation Foundation Achievement Prize

STONINGTON, CT. Spike Lobdell, founder and president of New England Science & Sailing Foundation (NESS), will receive the National Recreation Foundation's 2016 Robert W. Crawford Achievement Prize in recognition of his service to the youth of New England. Spike will be formally presented with the award on Saturday, November 5, 2016 at a ceremony at Hotel Emma in San Antonio, Texas.

Spike founded NESS in 2004, and since 2008, has been the President and CEO. For over 12 years, Spike has selflessly devoted his time to the development of NESS, one of the most successful community sailing programs in the United States.

As a youth, he was encouraged to sail by his father, also an avid sailor. Today, Spike is dedicated to building a community of talented Next Generation sailors and providing access to the water for all students regardless of their abilities or financial means.

Spike is a full-time volunteer and has never received a dollar of compensation for his efforts.

NESS is a nonprofit ocean adventure education organization that creatively links a STEM-based education with water-based activities. It engages students in experiential learning that builds confidence, teamwork and leadership skills through sailing, marine science, and adventure sports. The core values of inclusiveness, experimental learning, self-discovery and stewardship remain Spike's passion in leading NESS today.

Today, NESS is a year-round educational organization that served close to 5,000 students last year. More than half—about 56% or 2,800 children—of these students are from low-income communities and receive scholarships or other financial aid that enables them to participate. In 2015, NESS provided more than \$430,000 in such financial assistance and more than \$1.4 million since 2008.

In the early years, NESS operated out of an abandoned lobster processing facility in the harbor in Stonington, CT. Today, it operates in seven locations in southeastern New England.

Continued on next page

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**PRESIDENT OF NEW ENGLAND
SCIENCE & SAILING ... Continued**

It partners with over 100 different schools and organizations that support STEM initiatives (science, technology, engineering, and math) and send their students to NESS's on-the-water classrooms... classrooms without walls.

Formerly CEO of XL Capital's non-insurance operations, Spike worked at JP Morgan for 27 years in various senior management capacities. He is a past Commodore of the Stonington Harbor Yacht Club where he was one of the founding members. Spike sails a Hinckley Sou'wester 42, Legacy, and races J-24s locally.

New England Science & Sailing Foundation, Inc. (NESS), is a nonprofit 501(c)(3) ocean adventure education organization that engages students in experiential learning to build confidence, teamwork, and leadership skills. Marine sciences, adventure sports, and sailing are platforms for inquiry-based learning, transformational personal discovery, teaching respect and responsibility for the sea, and creating connections with the community.

NESS operates year-round with families, schools, and organizations to provide high-quality programs that blend an innovative curriculum with exciting ocean adventure activities. For more information, visit www.nessf.org.

National Recreation Foundation (NRF)

Founded in 1965, the National Recreation Foundation is dedicated to enhancing the role of recreation as a positive force in improving the quality of life of youth.

The Foundation invests in recreation programs directed at those who are economically, physically or mentally disadvantaged.

Based in Lake Forest, Illinois, the Foundation has awarded over \$18 million in grants nationally over the past 10 years.

The Foundation celebrated 50 years of grant-making in 2015.

Town of Stonington

STONINGTON TOWN HALL
152 Elm Street, Stonington, CT 06378
Monday - Friday / 8:30 am - 4:00 pm

STONINGTON HUMAN SERVICES
166 South Broad Street – Pawcatuck, CT 06379
Monday-Friday - 9:00 am - 4:30 pm

STONINGTON POLICE DEPARTMENT
173 South Broad Street – Pawcatuck, CT 06379

TRANSFER STATION
151 Greenhaven Road – Pawcatuck, CT 06379
Mon/Tue/Thu/Fri – 9:00 am - 3:00 pm (Closed Wed)
Sat – 8:00 am - 3:00 pm; Sun – 8:00 am - 1:00 pm

- Administrative Services.....(860) 535-5000
- Animal Control Officer(860) 599-4411
- Assessor's Office.....(860) 535-5098
- Building Official.....(860) 535-5075
- Emergency Management.....(860) 535-5050
- Engineering.....(860) 535-5076
- Finance Department(860) 535-5070
- Highway.....(860) 535-5055
- Human Services.....(860) 535-5015
(Recreation, Senior Services, Social Services, Youth & Family Services)
- Planning Department(860) 535-5095
- Police Department.....(860) 599-4411
- Public Works.....(860) 535-5055
- Registrar of Voters.....(860) 535-5047/5054
- Sanitarian.....(860) 535-5010
- Selectmen's Office(860) 535-5050
- Solid Waste & Recycling.....(860) 535-5099
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Senior Services

Acting as an advocate for elderly residents in the Town of Stonington, the Commission on Aging (COA) is a twelve-member commission which meets monthly in order to discuss issues with regard to the elderly. The division provides local and regional access to supportive services, as well as a variety of educational workshops and socialization opportunities.*

**Please be sure to check out Youth & Family Services and Recreation program offerings as well, for fitness programs and day trips, open to residents of all ages!*

Comfort Basket Project

This interagency partnership project offers custom-prepared baskets for local senior citizens who are recuperating from an illness, transitioning to new housing, or who have experienced isolation, depression or a recent loss.

Contact Stonington Human Services at (860) 535-5015 to make a referral or a tax-deductible donation.

Suggested donations include: Get Well / Sympathy Cards; Stationery / Note Cards / Stamps; Activity Books / Magazines; Tea / Cookies / Crackers; Soup Mugs / Cups / Saucers; Personal



Pictured from left to right at the May 17th Comfort Basket kick-off luncheon at Stonington Arms: Carol Umphlett (Human Services), MaryAnn Bessette (Commission on Aging Member), Stacy Cassata (Property Manager at Stonington Arms), Billie Ward (Commission on Aging and Rotary member), Elaine Schmidt (Executive Director, Stonington Housing Authority), First Selectman Rob Simmons, and members of the Rotary Club of the Stoningtons Pete Robinson, Sabrina Buehler, and Marti Bradshaw.

Hygiene Items / Hand Lotion; Knitted Scarves / Hats; Audio Books / Music; Knick-Knacks; Resource / Recreation Information.

Continued on page 24

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SENIOR SERVICES ... Continued from page 23

Thank you to our program partners: Stonington Human Services; Commission on Aging; Stonington Arms; Rotary of the Stoningtons; and Stonington High School's National Honor Society.

Friday Luncheon Series

October 2016 through May 2017 local seniors are invited to join us for lunch once a month at various popular venues throughout the area. Program includes lunch and a brief educational presentation or entertainment. Registration for this program will begin in September. Thank you to all the participating venues in 2015-2016: Steak Loft; Go Fish; 84 Tavern on Canal; St. Edmunds at Enders Island; Latitude 41; Ocean Blue Catering at the Mystic Aquarium, and The Bridge Restaurant.

Watch for Gray Matters Newsletter!

The Commission on Aging for the Town of Stonington is excited to announce the resurrection of the publication Gray Matters! The first issue of this quarterly mailing will be distributed to all Town of Stonington senior residents beginning in the fall of 2016. The content, which will come from area agencies and Town departments, will feature resources and social opportunities for seniors in our community.

Knit & Give

This "knitting for a cause" group is ongoing, meeting every Monday from 10:00 am -11:30 am at Stonington Human Services. Thank you to our dedicated knitters who, over the past three years, have generously crafted hundreds of hats, mittens and scarves for local children in need. Items are also regularly donated to Safe Futures of New London County and the Westerly WARM Center.

Computer Lab

Monday - Friday

9:30 am - 4:00 pm

Do not be intimidated by technology - come check out our computer lab! Appointments are available for those in need of basic instruction. We can show you how to get started, create an e-mail account and surf the web!

Yellow Dot Program

TRIAD is a national cooperative effort of law enforcement agencies (police/fire/sheriffs), senior citizens, and senior organizations, focused on reducing crimes against our most vulnerable citizens: our elderly population. This national TRIAD initiative affixes a yellow dot in the car's rear window to alert emergency response personnel to senior drivers' and passengers' medical information stored in the vehicle. Information is also utilized to alert emergency personnel of the senior's family members whose care may be dependent upon the senior, such as a homebound spouse. Call Human Services for an appointment to register or for information on upcoming Yellow Dot events.

File of Life

Store vital medical information on your refrigerator! Emergency personnel are alerted by a magnet on your refrigerator, enabling them to access your medical information, even if you are unable to communicate. File of Life packet magnets are available at Human Services - free to all residents.

Continued on next page

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SENIOR SERVICES ... Continued from previous page

IMPORTANT NOTE: *Be sure to update your Yellow Dot and File of Life information as your medical needs and prescription drugs change.*

Medicare Insurance Counseling (CHOICES)

Are you confused about the difference between Medicare Part C (Medicare Advantage Plans) and supplemental insurance plans (Medigap Insurance)? Do you need help navigating through the various CHOICES in plans and services?

Would you be interested in knowing if you are eligible to have your Part B premium (\$104.90/month) paid through the Medicare Savings Program? Did you know that you may be able to get half of your spouse's Social Security and build value in yours while you continue to work past your full retirement age?

First and foremost, be careful! Much of the mail you are receiving (if you are approaching retirement age) may look "official," but may actually be advertising. Seniors have reported getting phone calls from people they do not know soliciting "Medicare" programs. Be safe! Contact us for the information you need regarding your Medicare programs.

Human Services has an experienced CHOICES counselor on staff offering personal & confidential appointments for Stonington residents to discuss Medicare options, supplemental insurances, Medigap policies, HMOs, "special help" for Medicare Part D, Medicare Buy-in programs, state pharmaceutical programs, Social Security, and more. Home visits are also available for residents who are homebound.

Medicare Savings Program (MSP)

You may be eligible to have your Medicare Parts B and D premiums paid for you! Medicare Part B, the part of your Medicare that pays your doctor's visits, out-patient testing, etc. costs \$104.90/month. Medicare Part D premiums for your prescription drugs vary depending on the plan you choose. Both are required unless the Medicare beneficiary has creditable coverage through employment, a retirement plan, VA, or other "credible" plan.

The State of CT offers a program called the Medicare Savings Program (MSP) that will pay these premiums for income qualified seniors. The income limits for 2015 are \$2413.26/mo for an individual and \$3266.88 for a married couple. The program also guarantees that your prescription drugs will never be more than \$7.40 per prescription (with a generic drugs as low as \$2.95) starting in January 2016 and there is never a "donut hole" or open-enrollment period. Furthermore, the program offers seniors with monthly incomes under \$2069.91 (\$2802.08 for a married couple) supplemental insurance coverage when participating providers are utilized.

So, where can you apply?

Stonington Human Services has the application for this program, as well as trained staff to help. Because it is a "self-declared" program, the application is the only paperwork needed. DSS will check all income through the appropriate state and federal agencies.

Continued on page 26



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SENIOR SERVICES ... Continued from page 25

More questions? Contact us at (860) 535-5015 for more info, an application, or an appointment with a CHOICES counselor, who will explain program guidelines.

CT Home Care for Elders

This CT Department of Social Services program assists the elderly by providing the support services needed so they may remain in the community, rather than in a long-term care facility.

To be eligible, applicants must be 65 years of age or older, be a Connecticut resident, be at risk of nursing home placement and meet the program's financial eligibility criteria.

To be at risk of nursing home placement means that the applicant needs assistance with critical needs such as bathing, dressing, eating, taking medications, toileting.

The CHCPE helps eligible clients continue living at home instead of going to a nursing home. (Source: <http://www.ct.gov/dss/cwp/vieasp?a=2353&q=305170>).

Call Stonington Human Services for more information or if you'd like to apply for this program.

Mystic & Noank Library

Founded in 1893, the Mystic & Noank Library (MNL) has proudly served the greater Mystic community for over 120 years. MNL offers a collection of over 45,000 books, DVDs and CDs for check-out to all Connecticut residents.

Stonington residents are invited to come in for a free library card. Public computers, pre-school iPads, printers, scanners and a fax machine are available for use.

Visit our website at mysticnoanklibrary.org to access the latest list of events and activities and to sign-up for our free monthly e-newsletter. Highlights this fall will include a Children's Petting Zoo, a Pirate Invasion and "All Things Pumpkin."

MNL is located at 40 Library Street in historic Mystic. Our hours of operation are Mondays-Wednesdays, 10 am to 9 pm, Thursdays-Saturdays, 10 am to 5 pm, summer Saturdays (through mid-September) 9 am to 1 pm, beginning Saturday, September 17, 10 am to 5 pm.

Please call us at 860-536-7721 or email us at info@mysticnoanklibrary.org with any questions. We look forward to seeing you at MNL soon!

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Department of Public Works

Director's Message

The Public Works team has geared up for a busy summer with many projects for the town infrastructure, programs and regular activities. Have a great summer and thanks for taking time to review our news.

Sweeping the Streets

Like you sweep your kitchen floor, the Department of Public Works sweeps the streets. When the weather turns nicer, usually April to November, the Town runs a sweeper to pick up small debris on the streets. Street sweeping is a requirement of the Connecticut Department of Energy and Environmental Protection General Permit of Stormwater from Small Municipal Separate Storm Sewer Systems. The material picked up off the streets is prevented from going into the storm sewer, which discharges directly into our rivers, bays and ocean. Cleaner streets make our community more beautiful. Residents can help with the street sweeping by not depositing materials like litter, and yard debris in the street.

Pavement Management

The execution of a Pavement Management Project is underway. We have completed pavement inspections of all 110 centerline miles of the Town's roadways. This inspection included a collection of data such as cracking, rutting, and potholes, identified by



Pavement reconstruction on Morgan Street in July 2016.

extent and severity for each segment to allow for the current Road Surface Rating (RSR) to be calculated. The RSR ranges from 0-100 (worst to best), and shall be utilized to automate the assignment of repair strategies. This program will include reports such as a Cost Benefit Analysis (CVB) that will serve as a tool for prioritizing projects and development of a 5-Year Roadway Improvement Plan.

We have already begun to use this information to implement this year's pavement maintenance, resurfacing and reconstruction projects. Some major pavement reconstruction projects currently in construction and planned include Morgan Street, Field Street, Jerry Brown Road and Coogan Blvd.

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Enjoy Local Scuba Diving

Stonington Borough, which contains Stonington Point, was established in 1801, but has played a part of New England's rich history since the 1600's. You can find beautiful architecture along its main road, Water Street, or take a trip into history at the Old Lighthouse Museum or the Captain Palmer House. But for the local diving community, Stonington Point's allure lies beneath its waters.

On any given day, you might find students from Seaview Scuba Dive Center who are embarking on their first journey into the underwater world. You will also find old salts who've been diving the world's oceans for decades but choose to come back and call Stonington Point home.

Due to its use as a maritime port, divers might find, with a little patience and a good eye, artifacts from a bygone day such as clay pipes, gold watches, lanterns, Civil War era bullets, and more. For those who enjoy watching the sea critters, the area boasts a wide variety of fish and invertebrates (such as crabs and lobsters).

On daytime dives, you'll run into the usual suspects: Cunner, Scup, Spider Crabs, Fluke, and Flounder.

If you decide to brave the dark and go for a night dive, you'll find the area awash with too many critters to count including the prehistoric looking Horseshoe crab and the color shifting squid. Towards the end of the summer, you might also see some juvenile tropicals that were swept north in the Gulf Stream.

Local divers can be found year-round, even though winter temps can reach below 30 degrees Fahrenheit and summer temps only reach the high 70s. Stonington Point has a little something for everyone, and it's made evidently clear in the summer months when the parking lot of full of divers of all experience levels and interests. The staff and divers of Seaview Scuba Dive Center invite you to say hello and ask us about the wonderful underwater world.

Seaview Scuba Dive Center


Sales Representative Wanted

Due to expanded growth we are seeking a full time sales representative to sell advertising in our Events Town Magazines.

We seek someone experienced who understands the consultative sales process. Responsibilities include maintaining ongoing relationships with

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*Based on Comcast services & pricing list, effective 12/20/2015. **Based on comments taken from the Town of Stonington CT Community Facebook Forum on June 8th, 2015



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151 Miller Rd, No. Stonington

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\$479,900

61 East Main St, Downtown Mystic

Historic charm can be felt throughout this 4 bed 2.5 bath Victorian but it comes with the modern updates that are desired. Located in downtown Mystic and within walking distances to the Seaport, shops and all restaurants but out of the flood zone. The home has undergone a renovation with new custom tiled baths, kitchen cabinetry/appliances, updated electric, windows, insulation, paint and hardwood floors throughout the first floor to match the original hardwood on the second. Open floor plan between the kitchen, dining and living room make this home wonderful for entertaining. Enjoy the downtown feel from your front porch or relax on a more private brick patio in the rear courtyard outlined by grapevines. If you are looking for the perfect mix of old and new in downtown Mystic then this home must be seen.



\$439,900

398 Providence, New London Tpke

IN LAW Attention to detail is seen throughout this beautiful home and continues into the newly built in law suite. Hardwood floors, tiled baths and a custom fireplace with pizza oven that is a true centerpiece to the spacious eat in kitchen. In law or Au Pair suite with separate entrance boasts a fully operational kitchen and master bedroom with bath. Open floor plan for entertaining with wide pine floors and tongue and groove pine ceilings. Updated heating, insulation, windows, electric and radiant floors make this home economical to heat. Large private yard you would come to expect in North Stonington with the convenience off beaches, casinos, restaurants and highways within a few miles of the home. Whether you need an in law or just the additional space this is a home that must be seen!



\$179,900

Wyassup Lake

Year Round Waterfront Home on Desirable Wyassup Lake. DOUBLE LOT! Swim, Boat and Hike right from your front door. New drilled well put in 2010 (160 Ft) The home is in need of repairs and selling as-is. Halfway between New York & Boston. Although the town has it as 421 Wyassup Rd the home is truly located at 421L Murphy Rd which is off of Wyassup Rd. Murphy Rd is maintained by the town.